



'1st three mins imp in drowning cases'

TIMES NEWS NETWORK

Lucknow: If a person is unconscious, not breathing, or has no pulse after drowning, start mouth-to-mouth resuscitation immediately, followed by CPR, stressed experts during a CPR workshop at Era Lucknow Medical College, organised in response to the monsoon and potential flood situations.

Experts stated that the first three minutes are crucial for saving lives, as lack of oxygen from water intake can severely damage the lungs, heart and brain.

The department of anaesthesiology and critical care medicine conducted a three-day American Heart Association accredited CPR workshop, training over 55 medical students on how to handle cardiac arrest.

Head of the critical care department, Dr Mustahsin Malik said that in drowning cases, the priority is to move the person to a safe place and



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give rescue breaths before chest compressions.

In cases of cardiac arrest from lightning, immediate CPR and shock increase survival chances. These patients also need IV fluids due to severe dehydration.

Course director and faculty at the anaesthesiology department of SGPGIMS, Prof Sandeep Sahu and his team highlighted the importance of high-quality CPR and proper shock administration.

Organising chairman, Prof Sanjay Choubey thanked all participants and students who practised CPR on mannequins under instructor supervision.